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Five ways to get fit with the Nintendo Wii

It's not just about sitting on the sofa

by Stuart Miles published on 6 January 2009

New year means new you and all that, but rather than venture out into the damp and cold grab yourself a Nintendo Wii and lose weight playing video games instead. Here are five to get you started:

Wii Fit

The big daddy of fitness games this uses the Wii Balance board accessory to get you wiggling and jiggling in your living room. With a range of games from dodging footballs to keeping a hoola hoop going - it's worth watching the video of how it's done - there is plenty to help you shed those pounds and kilos this year. For those wanting to take it all a bit more seriously, Wii Fit also comes with proper Yoga training and the ability to track your performance so you can see the results of all your efforts.

Family Ski

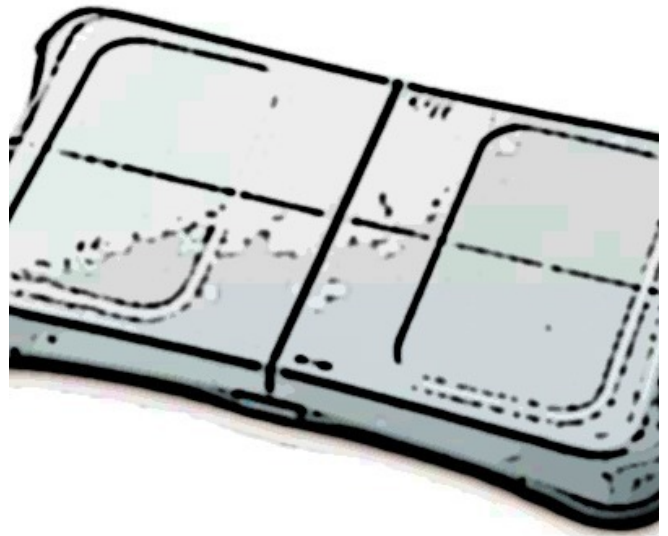
If you've got the Wii Balance Board and are off to the slopes for a spot of skiing sometime this year, then you need to get Family Ski. Based on an imaginary mountain you get to ski around to your hearts content building up those leg muscles as you do it. You can also compete in a stack of mini games along the way.

All Star Cheerleader

Can you bring it on? Well this game can bring on a cramp that's for sure. Luckily you don't have to don a short skirt and hold pom poms (girls feel free to send us pictures if you do) to get involved. Aimed at kids rather than your average 30-something this is still great fun and will get you breaking into a sweat in no time, Give me a P, give me an O, give me a C, give me a... you get the picture.

G1 Jockey

Keeping with the sports theme how about the G1



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Jockey horse racing game. Again great for working on those leg muscles you can use the Wii Balance Board to steer your horse to victory. Unfortunately because the Balance Board has to be on a level surface you can't get someone to bounce you up and down while they throw mud in your face as if you are on the back of a real horse.

Wii Sports

It doesn't use the Wii Balance Board, but a couple of rounds playing tennis or punching the living daylights out of your opponent in Wii Boxing will have you build those upper body muscles. With plenty of games to play (there is also bowling and golf) the games are quick rather than requiring hours of gameplay. Still 20 minutes of play a day and you're bound to notice a difference.

What game are you using to get fit for 2009? Let us know in the comments section below.